# Eat Smart & Be Active
## Follow the progress you make each day!

**Magnolia** Health Plan

START *Smart* FOR YOUR HEALTH

## Each Day:

**1.** Wear your pedometer & track how many steps you walk. Try to go further each day!
**2.** Write in how many minutes of other activity you do.
**3.** Write in the number of calories you eat.
**4.** Write in the number of fruits and vegetables you eat.

| Day 1 | Day 2 | Day 3 |
|---|---|---|
| # of steps: | # of steps: | # of steps: |
| other activity (mins): | other activity (mins): | other activity (mins): |
| calories: | calories: | calories: |
| fruits: | fruits: | fruits: |
| vegetables: | vegetables: | vegetables: |

| Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
|---|---|---|---|---|---|---|
| # of steps: | # of steps: | # of steps: | # of steps: | # of steps: | # of steps: | # of steps: |
| other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): |
| calories: | calories: | calories: | calories: | calories: | calories: | calories: |
| fruits: | fruits: | fruits: | fruits: | fruits: | fruits: | fruits: |
| vegetables: | vegetables: | vegetables: | vegetables: | vegetables: | vegetables: | vegetables: |

| Day 11 | Day 12 | Day 13 | Day 14 | Day 15 | Day 16 | Day 17 |
|---|---|---|---|---|---|---|
| # of steps: | # of steps: | # of steps: | # of steps: | # of steps: | # of steps: | # of steps: |
| other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): |
| calories: | calories: | calories: | calories: | calories: | calories: | calories: |
| fruits: | fruits: | fruits: | fruits: | fruits: | fruits: | fruits: |
| vegetables: | vegetables: | vegetables: | vegetables: | vegetables: | vegetables: | vegetables: |

| Day 18 | Day 19 | Day 20 | Day 21 | Day 22 | Day 23 | Day 24 |
|---|---|---|---|---|---|---|
| # of steps: | # of steps: | # of steps: | # of steps: | # of steps: | # of steps: | # of steps: |
| other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): |
| calories: | calories: | calories: | calories: | calories: | calories: | calories: |
| fruits: | fruits: | fruits: | fruits: | fruits: | fruits: | fruits: |
| vegetables: | vegetables: | vegetables: | vegetables: | vegetables: | vegetables: | vegetables: |

| Day 25 | Day 26 | Day 27 | Day 28 | Day 29 | Day 30 | Day 31 |
|---|---|---|---|---|---|---|
| # of steps: | # of steps: | # of steps: | # of steps: | # of steps: | # of steps: | # of steps: |
| other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): | other activity (mins): |
| calories: | calories: | calories: | calories: | calories: | calories: | calories: |
| fruits: | fruits: | fruits: | fruits: | fruits: | fruits: | fruits: |
| vegetables: | vegetables: | vegetables: | vegetables: | vegetables: | vegetables: | vegetables: |